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PRACTICAL SUGGESTIONS

CUTTING instruments may be conveniently sterilized by scrubbing with green soap, then wrapping the blades in sterile cotton, saturated with tincture of green soap. This wrapping is allowed to dry on the instruments, and they are put away for future use. Just before using, they should be dropped into boiling water.

WHEN it is necessary to bathe a baby in a room that is at all chilly, if the nurse will put a hot water bottle in her lap, properly covered, and let the baby lie upon it, it will obviate the danger of chilling.

IN giving a bath and doing up the morning's work, a small towel pinned to the nurse's skirt just under the apron will be found a convenience and do away with entering the bath-room so often to dry the hands.

J. H. P.

WHERE lightly polished furniture is found in the sick-room, it is well to protect the side of the bed with a towel or papers, for alcohol and soap and water do much harm, and brand the nurse in the eyes of the family as careless. Stork sheeting can be used on the bedside table, so hot articles will not mar the wood.

J. H. P.

FOR patients who must be kept in a sitting posture, to facilitate the drainage of pus, comfort may be obtained by folding a sheet diagonally and tying the ends to the bed posts at the head of the bed. This makes a hammock-like seat which is more yielding and restful than the bed, and keeps the patient from slipping downward.

A CORK, readily obtained from an ether can in the operating-room, may be dipped in scraped sapolio and used to clean knives and needles. It serves the purpose much better than gauze.

GENTLE massage of the feet of a nervous, wakeful patient will often induce sleep when other means fail.

H. W. K.

MALTED milk prepared as for a drink, then frozen, is very acceptable to most patients.

VERY strong chicken broth, seasoned with thyme and strained into small moulds, forms a jelly that is both palatable and nutritious.

A REFRESHING drink is made by putting cracked ice, the juice of half a lemon, the juice of an orange, and sugar into the shaker with the raw eggs. Well shaken and then strained, this kind of orangeade is enjoyed by patients who cannot take raw eggs in any other way.

THE safety razor will be found of great service in shaving the field of operation preparatory to surgical operations. It cannot entirely replace the ordinary razor, as it is difficult or impossible to get into the folds of the skin with the safety. However, most areas can be quickly and smoothly shaved, with much less discomfort to the timid patient than in the old way.

WHEN feeding a patient who is lying in bed, if liquids are placed under the tongue instead of upon it, the patient is not as liable to choke.

BEEF or mutton broth, free from fat, seasoned and frozen in an ice-cream freezer, affords an agreeable change from the monotony of diet.

IN obstetrical practice, when a patient is suffering from excess of milk and the physician cannot be reached at once, the first endeavor of the nurse must be to relieve the pain of the patient. Flannels wrung out of hot water, rubbing the breasts gently towards the nipple with warm sweet oil or cocoa butter, and the use of the Florence Nightingale Breast-pump, are measures which may be resorted to safely.

G.